

Symptoms	Cold	Allergies	FLU
Fever	Rare	Rare	Characteristic, high (100-102 degrees F); lasts three to four days
Headache	Rare	Sinus congestion, sinus headache	Prominent
General Aches, Pains	Slight	no	Usual; often severe
Fatigue, Weakness	Quite mild	Tired from restless sleep	Can last up to two to three weeks
Extreme Exhaustion	Never	Never	Early and prominent
Stuffy Nose	Common	Very Common, watery discharge	Sometimes
Sneezing	Usual	Very Common	Sometimes
Sore Throat	Common	Common from post nasal drip	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Cough is common from post nasal drip	Common; can become severe
Complications	Sinus congestion or earache	Bacterial Bronchitis	Bronchitis, pneumonia; can be life-threatening
Prevention	Good hygiene	24hr Allergy medication as per Private Care Practitioner (PCP)	Annual flu shot or FluMist
Treatment	Only temporary relief of symptoms	See PCP for treatment; Daily 24hr. Non-drowsy allergy medication	See PCP for treatment; Antiviral drugs within 24-48 hours of onset